



Pink Peppercorn Mahimahi with Tropical Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 jalapeno finely chopped
- 0.5 cup coconut milk light
- 2 tablespoons juice of lime fresh
- 2 tablespoons soya sauce low-sodium
- 3 tablespoons macadamia nuts finely chopped
- 24 ounce mahimahi white firm
- 1.5 tablespoons olive oil

- 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- 2 teaspoons pink peppercorns divided crushed
- 1.3 cups pineapple chopped
- 0.5 cup onion red chopped
- 0.5 teaspoon sea salt divided
- 2 tablespoons coconut or sweetened flaked

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400
- Combine first 6 ingredients and 1 teaspoon peppercorns in a bowl; set aside.
- Combine panko, nuts, remaining 1 teaspoon peppercorns, and 1/4 teaspoon salt in a shallow dish.
- Combine milk and soy sauce in another shallow dish.
- Sprinkle fish with remaining 1/4 teaspoon salt. Dip one side of fish in milk mixture; dredge dipped side in panko mixture.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add fish, crust side down, to pan; cook 3 minutes. Turn fish over, and bake at 400 for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Serve with salsa.

Nutrition Facts

PROTEIN 37.2% **FAT 40.51%** **CARBS 22.29%**

Properties

Glycemic Index:47.92, Glycemic Load:4.31, Inflammation Score:-6, Nutrition Score:24.745652146961%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 394.71kcal (19.74%), Fat: 18.16g (27.94%), Saturated Fat: 6.38g (39.89%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 18.92g (6.88%), Sugar: 9.79g (10.88%), Cholesterol: 85.05mg (28.35%), Sodium: 766.89mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.52g (75.03%), Selenium: 74.78µg (106.83%), Manganese: 1.34mg (67.03%), Vitamin B12: 2.71µg (45.23%), Vitamin C: 32.89mg (39.86%), Vitamin B3: 7.84mg (39.19%), Phosphorus: 352.15mg (35.22%), Vitamin D: 5.27µg (35.15%), Potassium: 748.26mg (21.38%), Vitamin B6: 0.43mg (21.37%), Magnesium: 81.53mg (20.38%), Vitamin B1: 0.29mg (19.5%), Folate: 69.19µg (17.3%), Copper: 0.33mg (16.45%), Fiber: 3.54g (14.18%), Vitamin K: 13.87µg (13.21%), Iron: 2.28mg (12.67%), Vitamin B2: 0.2mg (11.82%), Vitamin B5: 1.15mg (11.54%), Vitamin E: 1.72mg (11.46%), Zinc: 1.02mg (6.81%), Calcium: 63.74mg (6.37%), Vitamin A: 151.3IU (3.03%)